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ABSTRACT

This study was developed to determine if changes in the extent of lifetime sports instruction had taken place in New York State secondary schools since 1967. The subjects of this study were 530 randomly selected New York State secondary schools. Schools were classified into the following three levels according to the number of pupils in grades 7-12: (a) small schools had a pupil population of under 300; (b) medium schools ranged in size from 300-999 pupils; and (c) large schools had 1,000 or more pupils. The sample consisted of one-third of the schools from each of the three classifications, and data was collected through the use of a questionnaire. Initial mailing and three followup letters produced a return of 83 percent. The results show that the instructional offerings in the lifetime sports of golf, tennis, bowling, and badminton have declined significantly since 1967. Although some of the differences in instructional offerings between 1967 and 1974 may have resulted from sampling variations, it can still be concluded that lifetime sports programs are not any better than they were in 1967. These data suggest that physical education teachers and administrators are not, generally speaking, preparing their pupils well for adult participation in lifetime sports. (Author/JS)

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LIFETIME SPORTS INSTRUCTION OFFERED TO PUPILS IN NEW YORK STATE PUBLIC SECONDARY SCHOOLS

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Purpose

In April, 1971, the American Association of Health, Physical Education, and Recreation published guidelines for secondary school physical education. In this position paper it is stated that physical education, through its specific contribution, should provide "a knowledge and experience in activities which will encourage and assist the individual to maintain fitness throughout life."

A survey study conducted in 1967 by the Bureau of Health, Physical Education and Recreation, State Education Department, Albany, New York, showed that the traditional seasonal sports comprised the great majority of physical education instruction in the public secondary schools of New York State.

The purpose of the 1974 survey was to replicate the original done in 1967 and to compare the results of the two as they portray educational opportunities offered in the lifetime activities of golf, bowling, tennis, and badminton.

Review of Literature

In recent years there has developed an intense interest among the general public concerning the participation in sporting activities which will help to sustain and enhance the experience of life.

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In a Family Health magazine article "How the New Phys Ed Serves Your Children" Edwin Kiester Jr. urged that physical education offer the opportunity for skill development in these lifetime sports.

In reviewing the related literature it is possible to trace the organizational history of the lifetime sports movement as well as anticipate the trends for the future.

The original incorporators of the national Lifetime Sports Foundation were the American Machine and Foundry Company and the Brunswick Corporation. This foundation was dedicated to the fitness of youth and sports that last a lifetime.

The AAHPER initiated a three year Lifetime Sports Education Project in June 1965 at the annual convention in Dallas, Texas. The major goals of this project were to conduct clinics for teachers and leaders, to research the nature and extent of lifetime sports education in schools and colleges, and study the psychological and physical benefits of regular participation in sports.

The New York State Lifetime Sports Education project, begun in January 1966, was concerned with increasing the participation in lifetime sports in high schools and colleges. Five state-wide clinics have been held to train local physical educators in the methods for teaching skills in carry-over activities. These activities include tennis, bowling, golf, archery, badminton, skiing, volleyball, and others.

In 1968, fewer than 14% of the secondary schools in the country offered any instruction in the carry over sports of golf,

bowling, tennis, and badminton. In New York State, approximately two-thirds of the secondary schools provided instruction in the lifetime sports of golf, tennis, bowling, and badminton.

In the fall of 1972, the President's Council on Physical Fitness and Sports conducted a personal interview research survey to determine adult fitness nationally. The findings showed that 55% of all adult Americans do not engage in physical activity for the purpose of exercise.

Procedure

The instrument used for the collection of data for this study was a survey questionnaire constructed by the investigator.

The instrument was validated by a group of sixteen experts in the area of lifetime sports.

All public schools in the State of New York were classified according to their population of secondary students. Schools with a secondary population under 300 were categarized as being small; schools with 300--999 secondary students were listed as medium sized; and schools with 1,000 or more secondary students were grouped together and the group was labeled large.

A table of random numbers was employed to draw a random sample of one-third of the schools in each size group. This procedure netted 30 small, 262 medium, and 238 large schools. These were the schools which received the survey instruement.

One instruement was mailed on October 26, 1973 to the director of physical education in each of the randomly selected

secondary schools. Three follow-up letters were sent to non-respondents and a final total return of 83% was achieved. The percentages according to school size were as follows:

Small	26 of 30	87%
Medium	206 of 262	78%
Large	209 of 238	88%

The responses were recorded on eighty-column computer data recording forms. From these forms, cards were punched for each school.

Tabular analyses were utilized to compare the results of this study with the 1967 study and a chi-square comparison of each sport (golf, bowling, tennis, and badminton) was computed to determine if any significant differences were evident. Differences were not considered significant unless they reached the .05 level of significance.

Results

After tabulating the results of the 1974 study, the data were then compared to the data from the 1967 study. Tables that follow indicate that physical education offerings in the four sports have decreased dramatically since 1967.

Several reasons for this decrease may be hypothesized. The tightening of school budgets may have caused an increase in student-teacher ratio, thus forcing larger classes which in turn would necessitate the playing of team games rather than activities which require more individualized instruction.

Many instructors are under the mistaken assumption that lifetime sports instruction requires a great deal of special

PERCENTAGE OF NEW YORK STATE PUBLIC SECONDARY SCHOOL GIRLS WHO RECEIVED INSTRUCTION IN GOLF, BOWLING, TENNIS, AND BADMINTON IN 1974 AS COMPARED TO 1967.

	Golf		Bowling		Tennis		Badminton	
	1967	1974	1967	1974	1967	1974	1967	1974
Not Offered	39%	56%	35%	65%	17%	36%	10%	32%
Below 25%	12	16	11	12	12	11	12	10
25-49%	6	10	10	8	9	10	10	11
50-74%	5	7	9	5	11	13	12	12
75-99%	7	4	6	5	17	14	19	17
100%	10	6	6	5	20	16	26	18
Not indicated	21	1	23	0	14	0	11	0
Total	100%	100%	100%	100%	100%	100%	100%	100%
X^2 with D.F. = 6	81.56		143.68		82.84		109.16	

PERCENTAGE OF NEW YORK STATE PUBLIC SECONDARY SCHOOL BOYS WHO RECEIVED INSTRUCTION IN GOLF, BOWLING, TENNIS, AND BADMINTON IN 1974 AS COMPARED TO 1967.

	Golf		Bowling		Tennis		Badminton	
	1967	1974	1967	1974	1967	1974	1967	1974
Not offered	36%	52%	43%	68%	23%	40%	23%	43%
Below 25%	19	19	13	12	17	13	15	15
25-49%	7	9	8	8	11	12	9	10
50-74%	4	5	6	4	9	12	8	8
75-99%	11	7	6	4	14	10	13	11
100%	10	8	4	4	17	13	16	13
Not indicated	13	0	20	0	9	0	16	0
Total	100%	100%	100%	100%	100%	100%	100%	100%
X^2 with D.F. = 6	68.00		105.28		70.96		101.48	

equipment which must be supplied by the school. Because schools are not able to supply this equipment, these subjects are not taught.

Whatever the reason, the results of this survey suggest that New York State Secondary Schools are not providing enough opportunities for pupils to become skilled in an activity which will benefit them throughout life.